I am going to the Academy of Music to see a ballet

~ Pre-Visit Stories ~

Pennsylvania Ballet
I am going to the Academy of Music to see a ballet.

A ballet tells a story through dancing.

I am going to see *George Balanchine’s The Nutcracker®* ballet.
Many people will be at the theater to see the show. The theater lobby may be crowded. I can go to the quiet rooms at the theater if I want to get away from the crowds. I can also stay close to the person I am with if I don’t like the crowds.
When I go to the theater, I may have to wait in lines.

I may have to wait in line to get into the theater.
I may have to wait in line to get to my seat.
I may have to wait in line in the bathroom.
I may have to wait in line many times.
The theater usher is a friendly helper. I will give my ticket to the usher to enter the theater. The usher helps me and my family find our seats. If I need help I can ask the usher.
I will be careful when I walk in the aisle to get to my seat.

I can hold onto the railing when I walk in the aisle.
My ticket will have a letter and number on it. My seat will have a letter and number on it. The usher will show me where my seat is. I can match up the letter and number on the ticket with the letter and number on the seat. This is where I will sit to watch the show.
I will tell the person I am with if I need quiet time.

I can leave the show and go to the break area.

I can relax in the break area or walk around the lobby.
I will let the person I am with know if I have to go to the bathroom.

I can go to the bathroom any time I need to.

The sound of the flushing toilet can be loud.
Ballet uses music and dance to tell a story. This music will get louder and softer at different times during the show. Loud and fast music often means something exciting is about to happen. Softer music often means it is a calm part of the show. If I don’t know what is happening I can whisper my question to the person I am with.
I will see dancers moving on and off the stage. Sometimes there will be one or two dancers. Sometimes there will be many dancers on the stage.
Sometimes there will be many dancers on the stage.

During these times there may be a lot of action going on at once.

If there is too much happening on stage, I can choose one dancer to watch.
costumes

The dancers wear costumes.
Wearing costumes is like playing dress up.
The dancers are telling a story with their costumes.
The costumes are colorful.
During the ballet, people will clap when a dancer does a movement that they like or when the dancer finishes a dance.

I can clap if I like what the dancer is doing.

People clap for a short time.

I can cover my ears if the clapping noise is too loud.
There is an intermission half way during the show. An intermission gives me and the dancers a short break. I can go to the bathroom, walk around the lobby, or stay in my seat.

When the intermission is over, I will see the lobby lights go off and on, and I will hear a soft bell.

When I see the light flicker and hear the soft bell, I will return to my seat to get ready for the rest of the show.
The ballet is coming to the end when all the dancers and characters come back onto the stage.

When the dancers bow, I can clap to let them know I liked the ballet.
leaving theater

I have to walk on stairs or the aisle to leave the theater.

All the people will leave the theater at the same time.

The aisle and stairs will be crowded.

I will walk slowly on the stairs and stay with the person I am with.
Pennsylvania Ballet Sensory Friendly George Balanchine The Nutcracker®

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